

September

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> hot breakfast burrito with blueberry burst whole grain bagel and cream cheese breakfast cinnamon crumble <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> banana muffin rf cocoa bops cereal (DF) <p style="text-align: right;">2</p>
<p style="text-align: center;">HOLIDAY</p> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> yogurt with skeeter cinnamon grahams jumpstart breakfast: mini dipper doodle string cheese <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> hot omelet with cheese flurries cereal (DF) blueberry muffin <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> hot pancakes with syrup lemon muffin plain whole wheat bagel and cream cheese <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> apple cinna-grins cereal (DF) zac omega bar blackberry (DF) <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> cocoa bops cereal (DF) skeeter honey grahams with cinnamon rumbles(DF) <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> hot english muffin with turkey, egg and cheese banana muffin zac omega bar strawberry(DF) <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> hot waffles with syrup french toast muffin rf honey buttons cereal (DF) <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> hot egg and sausage quesadilla yogurt with granola breakfast cinnamon crumble <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel with cream cheese jumpstart breakfast: mini dipper doodle string cheese <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> flurries cereal (DF) zac omega bar apple (DF) <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> hot omelet with cheese apple cinnamon grins cereal (DF) lemon muffin <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> hot pancakes with syrup dipper doodle bar (DF) yogurt with dick and janes smart crackers <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> hot english muffin with egg and cheese string cheese/skeeter cinnamon grahams breakfast cinnamon crumble <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> plain whole wheat bagel with cream cheese blueberry muffin <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> honey buttons cereal (DF) dipper doodle bar (DF) <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> hot waffles with syrup blueberry burst whole grain bagel with cream cheese yogurt/granola <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> hot breakfast burrito french toast muffin cocoa bops cereal (DF) <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> hot bagel sandwich with cheese mini dipper doodle hard boiled egg/ fruit (DF) breakfast cinnamon crumble <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> banana muffin cold english muffin with turkey and cheese <p style="text-align: right;">30</p>

what's new?

Here's some food for thought. Studies show that **eating a wholesome breakfast is linked to higher test scores and academic performance** for students. Whole grains, protein, and healthy fats help keep students full and engaged all morning long.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider